



# OSCEOLA COUNTY WIC NEWSLETTER

Summer 2016

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## Growing Healthy Families

### Perfectly Packed

Summertime is the season for outdoor fun with friends and family. Before you pack the family cooler and head out to the beach, follow these simple tips to make sure you are protected from foodborne illnesses.

- ☞ **Keep cold food cold.** Fill cooler with ice or frozen gel packs. Cold food should be stored at 40° F or below. Foods may be placed in the cooler when they are frozen, so they may stay colder longer. Bury the cooler halfway in the sand, place in the shade and cover with a light colored tarp.
- ☞ **Organize contents.** Consider packing beverages in one cooler

and perishable foods in another.

- ☞ **Keep the cooler closed.** Limit the number of times the cooler is opened.
- ☞ **Don't cross contaminate.** Keep raw meat, poultry and seafood securely wrapped.
- ☞ **Clean your produce.** Rinse fresh fruits and vegetables before packing in the cooler. This includes those with skins that are not eaten. Dry with a paper towel.



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### FREE HEALTHY FOOD!

WIC is a supplemental nutrition program for women, infants, and children. We provide healthy foods, health care referrals, breastfeeding support and nutrition education for low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five.

**THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER.**



### New WIC Foods!

As of July 1, 2016; the following foods will be available on your WIC EBT card.

- ✓ **Cheese** 8 oz. or 16 oz. Mild Cheddar, Medium Cheddar or Part Skim Mozzarella in Slices, Shredded, Block, or Round.
- ✓ **Eggs** May buy "extra large" or "jumbo" white eggs in addition to currently allowed "large" eggs. May buy ½ dozen size.
- ✓ **Soymilk** Emily's Table Soymilk in half-gallon (shelf-stable box)
- ✓ **Yogurt** For each "tub" on shopping list, these sizes may be purchased: one 32 oz. tub OR one 32 oz. package with eight 4 oz. cups OR two 16 oz. packages with four 4 oz. cups
- ✓ **Breakfast Cereal** General Mills Total Whole Grain, General Mills Cheerios + Ancient Grains and Malt-O-Meal Scooters
- ✓ **Baby Fruits and Vegetables** Regular and Organic are allowed including Baby Basics, Beech-Nut, Earth's Best, Full Circle, Gerber, Tippy Toes, and Wild Harvest.

## Recipe: Black Bean and Rice Salad

This salad is full of fiber and protein. This easy dish can be used as a side or as a main entree. It can also be made ahead of time and kept in the refrigerator.

Ingredients:

- 1/2 cup of chopped onion
- 1/2 cup chopped bell pepper
- 1 cup brown rice (cooked and cooled)
- 1 can black beans (drained and rinsed)
- 1/4 cup lemon juice
- 1 clove garlic (chopped) or 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 tbsp. olive oil

**WIC Approved Food!**

Directions:

In a mixing bowl, stir together onion, pepper, rice and beans. In a jar with a tight fitting lid, add vinegar, garlic, salt, pepper and oil. Shake until dressing is evenly mixed. Pour dressing over bean mixture and stir to mix evenly. Chill in refrigerator for at least one hour.



Cost per serving \$0.59!



## WIC is Located Near You!

Did you know there is a WIC location close to you? We have four locations in Osceola County!

Call (407) 343-2085 today for an appointment!

### Kissimmee

1875 Fortune Rd.  
Kissimmee, FL 34744  
Monday- Friday

### Poinciana

109 N. Doverplum Ave.  
Kissimmee, FL 34759  
Monday- Friday

### Saint Cloud

1050 Grape Ave.  
St. Cloud, FL 34769  
Monday- Thursday

### Buena Ventura Lakes

2622 Simpson Road  
Kissimmee, FL 34743  
Wednesdays Only

All WIC locations are closed the 2nd Friday of each month.

## Nutrition Facts

Serving Size 1 cup (289g)

Servings Per Container 3

**Amount Per Serving**

**Calories 280**

**% Daily Values\***

**Total Fat** 11g **17%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 830mg **35%**

**Total Carbohydrate** 38g **13%**

Dietary Fiber 8g **32%**

Sugars 2g

**Protein** 9g **18%**

Vitamin A 2% • Vitamin C 35%

Calcium 6% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Sneaky Sodium

Did you know that some of your favorite dishes are loaded with sodium? Sometimes different brands of the exact same food can have a very different amount of sodium. Remember that watching your sodium consumption is a very important part of your overall heart health! For more information, visit the American Heart Association. [www.heart.org/sodium](http://www.heart.org/sodium)

## Let's talk TACOS!

One restaurant taco can contain more than **600 mg of sodium!**  
Here's how the salt can add up.... and some at-home options to build a taco with less sodium.



Healthy Living™

Source: USDA, National Nutrient Database for Standard Reference Release 28

[heart.org/sodium](http://heart.org/sodium)